

ABOUT THE CANTEEN COUNSELLING SERVICE

THE CANTEEN COUNSELLING SERVICE IS A FREE AND SPECIALISED PROGRAM FOR YOUNG PEOPLE AGED 12-24 YEARS OLD WHO HAVE A PARENT WITH CANCER OR WHOSE PARENT HAS DIED FROM CANCER.

WHAT DO WE OFFER?

We offer an initial 6-12 counselling sessions based on the individual needs of the young person. All young people are eligible to access this service and it is offered free of charge.

Our counsellors are professionals skilled in working with young people living with cancer and in grief and loss.

Young people can access support via:

- One-on-one sessions
- Group sessions
- Telephone counselling
- Online counselling

**THE CANTEEN
COUNSELLING
SERVICE IS PROVIDED
FREE OF CHARGE.**

**DID YOU KNOW?
1 IN 10 YOUNG
PEOPLE WILL
HAVE A PARENT
DIAGNOSED WITH
CANCER**

WHERE IS THE SERVICE LOCATED?

The service is available for face-to-face counselling in Sydney, Newcastle, Brisbane and Melbourne. Online or telephone counselling can be accessed from anywhere in Australia.

HOW TO REFER A YOUNG PERSON?*

To find out more about the CanTeen Counselling Service or to refer a young person:

CALL: 1800 226 833

EMAIL: SUPPORT@CANTEEN.ORG.AU

*Young people under 14 years need parental consent to access the service. Access to the service is not conditional on CanTeen Membership.

WHY CANTEEN?

CANTEEN'S EXPERTISE IN PROVIDING A NATIONAL PEER SUPPORT NETWORK AND SERVICES TO YOUNG PEOPLE LIVING WITH CANCER MAKES IT WELL PLACED TO OFFER A COUNSELLING SERVICE TO THIS SPECIFIC AND UNDERSERVED GROUP.

WHAT ELSE DOES CANTEEN OFFER?

- **Psycho-Social and Peer Support Programs:**

Over 250 support programs every year, connecting young people and covering topics and issues including dealing with grief and loss, stress management and healthy living skills.

- **Resources:** Practical and age-appropriate resources on topics such as dealing with a cancer diagnosis, treatment and bereavement.

- **Online Service:** An informative online community where young people can learn about different cancer types and connect with others with similar experiences.

- **Research:** To better understand the needs of young people living with cancer.

- **Advocacy:** Lobby for better healthcare services for young people being treated for cancer, or those whose parents are in the health system.

**TO FIND OUT MORE ABOUT CANTEEN:
WWW.CANTEEN.ORG.AU**

**TO ORDER OUR RESOURCES OR ACCESS OUR
ONLINE SERVICE: WWW.NOWWHAT.ORG.AU**

WHY IS THE CANTEEN COUNSELLING SERVICE NEEDED?

Young people who have a parent diagnosed with cancer or whose parent has died from cancer are often described as the "forgotten ones" due to a lack of services in the community meeting their specific needs.

RESEARCH CONDUCTED BY CANTEEN HAS REVEALED THAT 50% OF YOUNG PEOPLE AGED 12-17 WITH A PARENT WITH CANCER AND 56% OF THOSE BEREAVED WERE AT HIGH RISK FOR EMOTIONAL AND BEHAVIOURAL PROBLEMS.

FOR THOSE 18-24 YEARS, 45% OF THOSE WITH A PARENT WITH CANCER AND 39% OF THOSE BEREAVED WERE IN THE ELEVATED RANGE FOR DEPRESSION.

Compounded with the increased levels of stress and anxiety, young people reported a number of unmet needs, including access to professional support through counselling.

The findings show that there is a clear need for a specialised service. The CanTeen Counselling Service has been developed in response to this

"Even though my Mum died 5 years ago, accessing counselling has really helped me understand how Mum's death is still affecting me. I didn't realise how much not having Mum around impacted my whole life. Seeing a counsellor has really helped me to manage and understand what has been happening and keep on track with my life. My first session was so great....I walked away feeling relieved that my thoughts and feelings were 'normal'."

Ali, 18 years old, whose mum died when she was just 13.



The Australian Organisation
for Young People Living with Cancer

nib foundation

CanTeen Australia
Tel: 1800 226 833
www.canteen.org.au

The CanTeen
Counselling Service
is proudly funded by
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**INFORMATION FOR
HEALTH PROFESSIONALS**



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